

First Unitarian Universalist Society of Syracuse

Soul Food Retreat

Saturday

February 28, 2015

8:30-3:30



109 Waring Road
Syracuse, NY, US 13224
315-446-5940

<http://firstuusyr.org/>

<https://www.facebook.com/pages/First-Unitarian-Universalist-Society-of-Syracuse/111562528883331>

**Soul Food Retreat 2015
Schedule of Workshops**

- 8:30 Registration & Coffee
- 9:00-9:20 **Opening Worship** Sanctuary
- 9:30-11:00 **Morning Session 1**

Teen Dating Violence - Loren Cunningham, Vera House

This interactive workshop will explore the dynamics of teen dating violence, as well as healthy relationships. We will discuss the indicators of abuse, how to have conversations about relationships with teens, and how to be an empowered bystander when someone you know is experiencing abuse. Community resources will also be shared. Most appropriate for participants 16 and older.

Melt and Pour Soap - Keith Bertrand



Come learn a fun, easy craft, melt and pour soap making! Literally you melt the soap base, color, scent and pour into a mold, cool down and you have your own personal bars of luxury soap! Instructor will bring a pound of glycerin soap base per person, offer a wide selection of fun molds, colors and scents (including many essential oils) and let you enjoy being your creative self! Students will leave with soaps of their own design and instructions on making more of your own! Have fun making and giving special gifts you made yourself for Valentine's Day and Easter! Please bring a large measuring cup (4 cups or bigger) or a large yogurt container. End time for this workshop is flexible. Intergenerational-all ages.

Developing a Spiritual Practice - Rev. Jennifer Hamlin-Navias

Developing a Spiritual Practice is a workshop for folks of all ages. The term "Spiritual Practice" can be off-putting for some and so as part of the workshop we will look at what is spiritual and what is practice. And we will practice what is spiritual both alone and together. The goal of this workshop is that you will leave with an idea of how to establish a spiritual practice for yourself and/or your family. Intergenerational-all ages.

Upcycling Workshop - Theresa Mandery



This family-friendly Green Sanctuary workshop focuses on Upcycling! Upcycling is the process of converting waste materials, or otherwise useless products, into new materials of better quality. This helps improve the environment as it demonstrates principles of waste reduction and reuse. In this kid-appropriate workshop, we will learn how to make new, useful products from our junk mail! Participants of all ages are welcome, and attendees will have a choice between 2 projects that Theresa will facilitate: coasters made from magazines, or a notepad made from old envelopes (or both if time allows!). Please bring an old catalog or magazine and about 7 security envelopes. Intergenerational-all ages.

11:15-12:45 **Morning Session 2**

The Men We Want Our Boys to Be - Paul Barfoot

From nursery rhymes to advertising to the expectations of peers and family members, boys grow up with all kinds of messages about what it means to identify as male. This workshop will be a time to share stories about what those messages have meant to us (regardless of your gender), to envision what a more positive image of being male might look like and to strategize about how to teach boys and young men to see themselves as persons not just as males. This is potentially a very emotional topic. Please be prepared to listen and share with openness and compassion. Most appropriate for participants 16 and older.

150 Ukuleles-Fellowship with First Unitarian Society of Ithaca- Dennis Killian-Benigno & Company



Join us as we develop the First Unitarian Universalist Ukulele Union in Syracuse! Since music hath charms, come learn and develop your skill at playing the ukulele. Whether for personal pleasure or to play together with others, the ukulele is a low cost, easy to learn musical instrument that has been growing in popularity in recent years. As UU's, the ukulele is a natural match! This workshop is for all ages and can resume after lunch. Please bring your ukulele (soprano, concert, tenor or baritone – contact Dennis ahead of time if you have questions regarding these), borrow one from either the Liverpool or Marcellus Public Libraries, or dig out that ukulele someone had given you or yours years ago (dust rags will be provided!) We will try to have extra instruments available.

The hope is that we can develop our own Unitarian Universalist Ukulele Union Band that can join the UUUU Band at First Unitarian Society of Ithaca as they celebrate their 150th year as a UU congregation marching in the annual Ithaca Festival Parade on Thursday evening on the 28th of May. Their hope is to have 150 UU's and friends marching and playing in honor of their 150th year. Participation in the workshop does not obligate you to participate in the parade – but the parade will be a lot of fun supporting our sibling society! Intergenerational-all ages.

Body Work and Massage - Felice Killian-Benigno

This will be an introductory course to massage/bodywork. No previous experience necessary. Massage is a very useful tool for helping with everyday aches and pains and for stress relief. We will try different types of massage and discuss its uses for health and relaxation. Techniques will be demonstrated and we will practice them on ourselves and/or each other as you are comfortable. Please bring a bath towel and a hand towel. Also, please inform Felice if you have any allergy issues related to essential oils. This workshop is appropriate for teens and adults.

Urban Beekeeping: An Introduction - Megan Root



Are you worried about the plight of the honeybee? Are you interested in doing something to help support and improve the bee population? This workshop will introduce the basics and benefits of keeping bees in the city. In this session, you will learn the basics of beekeeping, including, setting up your first hive, managing your bees, how to avoid “newbie” mistakes, harvesting, the importance of the queen, uses for honey and beeswax, reasons why honeybees are so crucial to our survival.

Intergenerational-all ages. There will be a discussion of the reproductive cycle of bees, so parents' discretion is advised.

12:45-1:30 Lunch

1:30-3:00 Afternoon Session

Caring for Self and Loved Ones after Trauma - Pamela Spearman

Bad things happen. We have a tremendous capacity to heal and recover. Healing and recovery after trauma occur more easily when we have the tools to calm ourselves and feel safe. This workshop will focus on the elements that contribute to safety, self-care and empowerment after trauma. The goal of the workshop is help caregivers develop tools to care for themselves as they witness another's pain as well as learn how to provide these tools to loved ones to help them recover from trauma. Most appropriate for participants 16 and older.

Reproductive Justice - Christine Smith, Unitarian Universalist Congregation of Binghamton

Unitarian Universalists (UUs) are called to answer the chilling political debate on reproductive rights with calls for reproductive 'justice' and respect for the fullness of every person's reproductive and sexual life. The election of the 2012-2016 Congregational Study/Action Issue, "Reproductive Justice: Expanding our Social Justice Calling," is a milestone opportunity for Unitarian Universalists to live into this call. This curriculum was written to help UUs take on this call to action. Rooting us in our religious history and theological callings, this curriculum outlines the distinctions between reproductive "health," "rights," and "justice"; opens awareness of reproductive oppressions; offers opportunities to learn about ourselves and each other as sexual and reproductive beings; and equips us to move forward, out into the world, with integrity and vision. This workshop is appropriate for everyone over the age of 16.

Social Change in Response to Climate Change, From a UU Perspective - Jim D'Aloisio

It won't take technological breakthroughs to solve the problem of anthropogenic climate change. Rather, there needs to be widespread social changes, including an acceptance of the reality of problem, and adjustments to many of our social and cultural systems. For many reasons, UU's are particularly well suited to leading this effort to minimize the severity and impact of climatic changes, in a relational way. Now more than ever, the world needs our understanding, compassion, and action. Let's explore. Intergenerational-all ages.

3:15-3:30 Closing Worship Sanctuary

3:45 Nursery Closes

2015 Soul Food Retreat Registration Form

Name _____

Telephone _____

Email _____

Names and ages of children who will require the Nursery:

Lunch Preference Vegan Vegetarian Gluten Free

Please rank your choices first, second & third-we will do our best.

First Morning Session

_____ Teen Dating Violence

_____ Soap Making (\$5)

_____ Developing a Spiritual Practice

_____ Upcycling

Second Morning Session

_____ The Men We Want Our Boys to Be

_____ 150 Ukuleles

_____ Body Work & Massage

_____ Urban Beekeeping

_____ Volunteer to help with lunch
(\$5 discount)

Afternoon Session

_____ Care for Self and others after Trauma

_____ Reproductive Justice

_____ Climate Change & UUs

Advance registration fee \$15 per adult & teen, \$10 per child (\$5 more at the door).
Nursery is free.

Pay by check or use our Pay Pal account:

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=KNLPSF53DTYU8

Please write "Soul Food" on your check or in the Pay Pal message box.
Advance registration ends 2/26/15. Refunds until 2/26/15, minus \$5 admin fee.

Questions? Pamela Spearman paspearman@gmail.com